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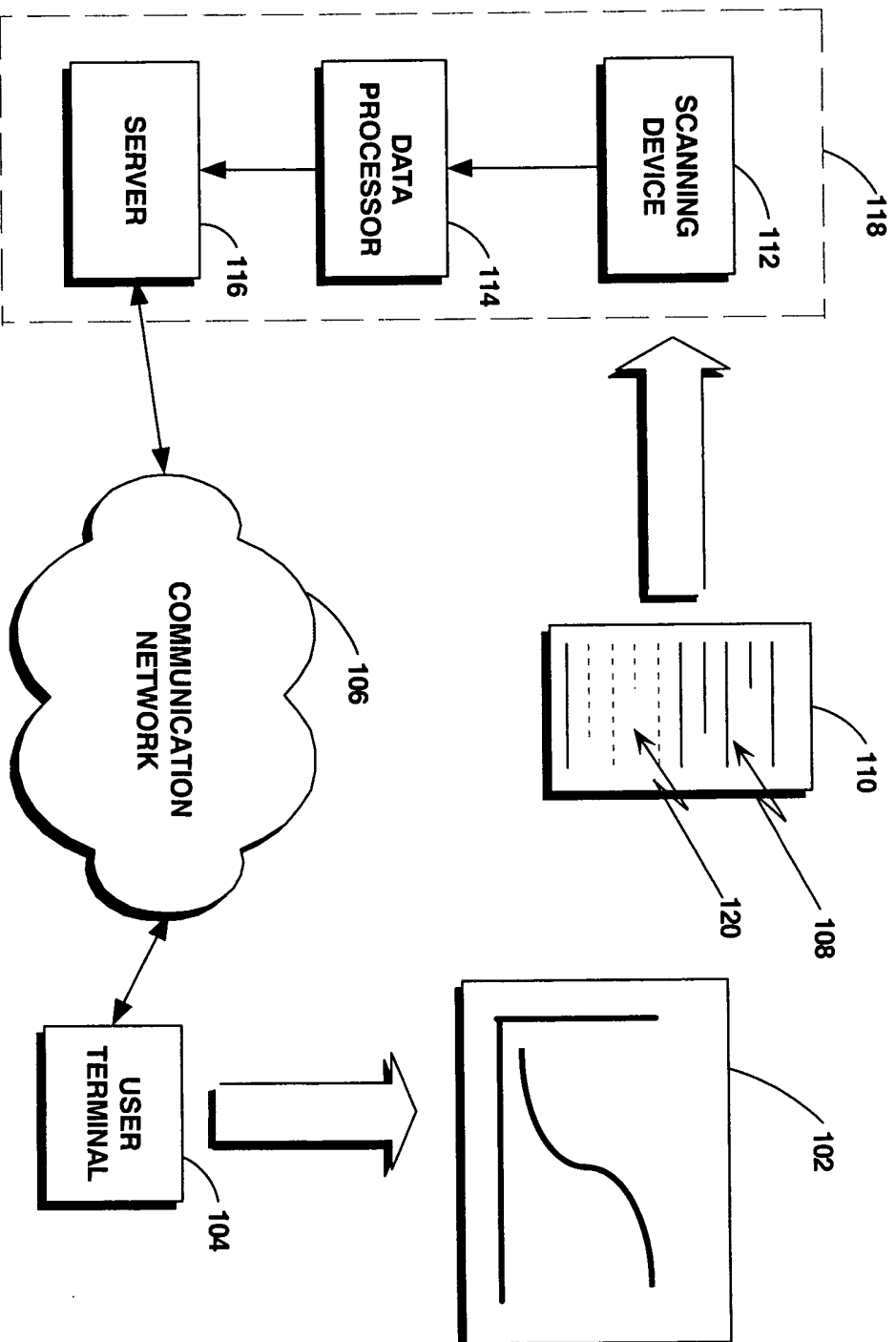


FIG. 1

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<div> <div> <div>USER NUMBER</div> <div>210</div> </div> <div> <div>USER NAME</div> <div>212</div> </div> <div> <div>DATE</div> <div>216</div> </div> <div> <div>TIME</div> <div>218</div> </div> <div> <div>RECORD NUMBER</div> <div>214</div> </div> </div> <div>202</div>									
<div> <div>ACTIVITY IDENTIFIER</div> <div>204</div> </div> <div>206</div>									
<div> <div>ACTIVITY DESCRIPTION HEADING</div> <div>224</div> </div> <div> <div>SET 1</div> <div>220</div> <div>222</div> <div>226</div> <div>228</div> <div>226</div> <div>228</div> <div>226</div> <div>228</div> </div>									
<div> <div>POSITION</div> <div>220</div> </div> <div> <div>TYPE</div> <div>222</div> </div> <div> <div>WEIGHT</div> <div>226</div> </div> <div> <div>REP</div> <div>228</div> </div> <div> <div>WEIGHT</div> <div>226</div> </div> <div> <div>REP</div> <div>228</div> </div> <div> <div>WEIGHT</div> <div>226</div> </div> <div> <div>REP</div> <div>228</div> </div>									
<div> <div>ACTIVITY DESCRIPTION DATA</div> <div>208</div> </div> <div> <div> <div>POSITION DATA</div> <div>230</div> </div> <div> <div>TYPE DATA</div> <div>232</div> </div> <div> <div>WEIGHT DATA</div> <div>234</div> </div> <div> <div>REP DATA</div> <div>236</div> </div> <div> <div>WEIGHT DATA</div> <div>234</div> </div> <div> <div>REP DATA</div> <div>236</div> </div> <div> <div>WEIGHT DATA</div> <div>234</div> </div> <div> <div>REP DATA</div> <div>236</div> </div> </div>									
<div> <div>INSTRUCTIONS</div> <div>238</div> </div> <div>110</div>									

FIG. 2

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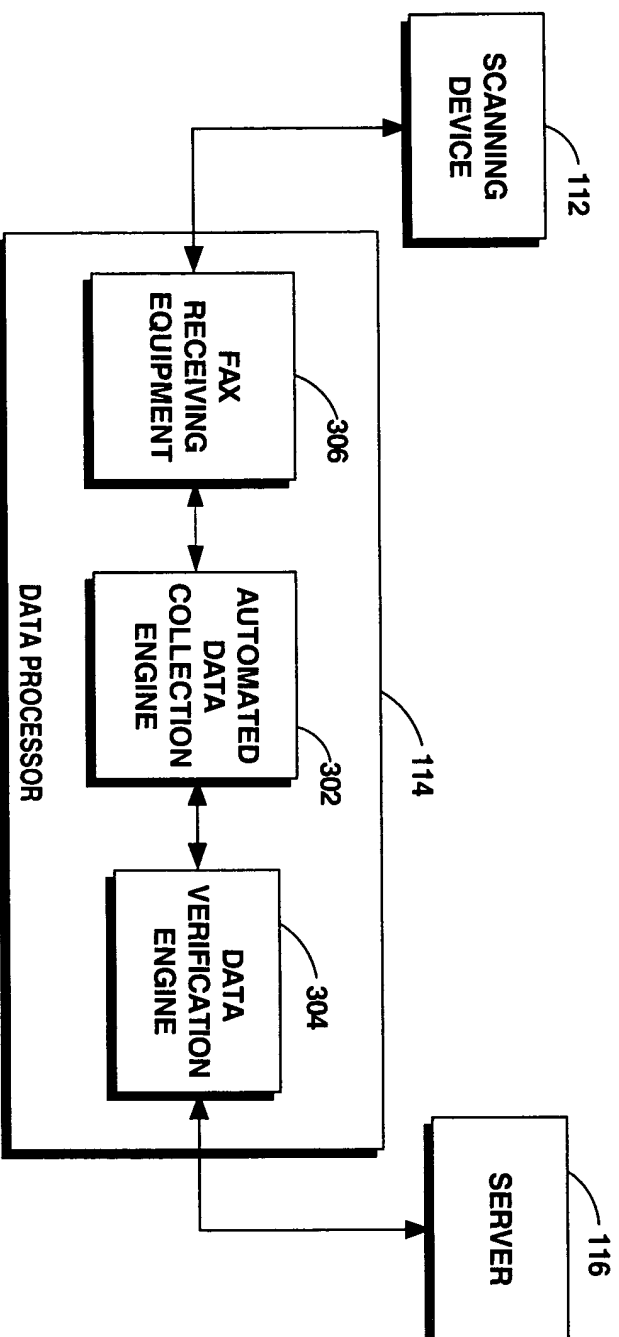


FIG. 3

118

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CHEST WORKOUT 406 **operationf.com** 402

Member Number 210: 000124
Last Name 212: SMITH
First Name 212: JOE
Draft 404

BENCH PRESSES 204

POSITION	TYPE	222	226	SET 1	224	226	228	SET 2	224	226	228	SET 3	224	226	228	SET 4	224	226	228	SET 5	224	226	228	SET 6	224	226	228
flat	decl	incl	bar	dumb	mach	weight	reps	weight	reps	weight	reps	weight	reps	weight	reps	weight	reps	weight	reps	weight	reps	weight	reps	weight	reps	weight	reps
230						150	15	185	12	200	8	225	4	185	8	150	1	150	1								
208						35	10	40	8	45	8	50	7	40	7	35											
						12347	236	2343	236	2347	236	234	236	234	236	234	236										
						180	10	180	10	180	10	180	10	180	10	180	10										

OTHER EXERCISES 204

POSITION	TYPE	222	226	SET 1	224	226	228	SET 2	224	226	228	SET 3	224	226	228	SET 4	224	226	228	SET 5	224	226	228	SET 6	224	226	228
flat	decl	incl	bar	dumb	mach	weight	reps	weight	reps	weight	reps	weight	reps	weight	reps	weight	reps	weight	reps	weight	reps	weight	reps	weight	reps	weight	reps
230						40	8	50	10	60	5																
						35	7	40	8	75	7																
						234	236	234	236	234	236	234	236	234	236	234	236										

204 cable crossover
204 push ups
204 dips

238

Once completed, please fax this form to: 800.XXX.XXXX and view your progress at www.operationf.com tomorrow at this time.

400

FIG. 4

FIG. 5

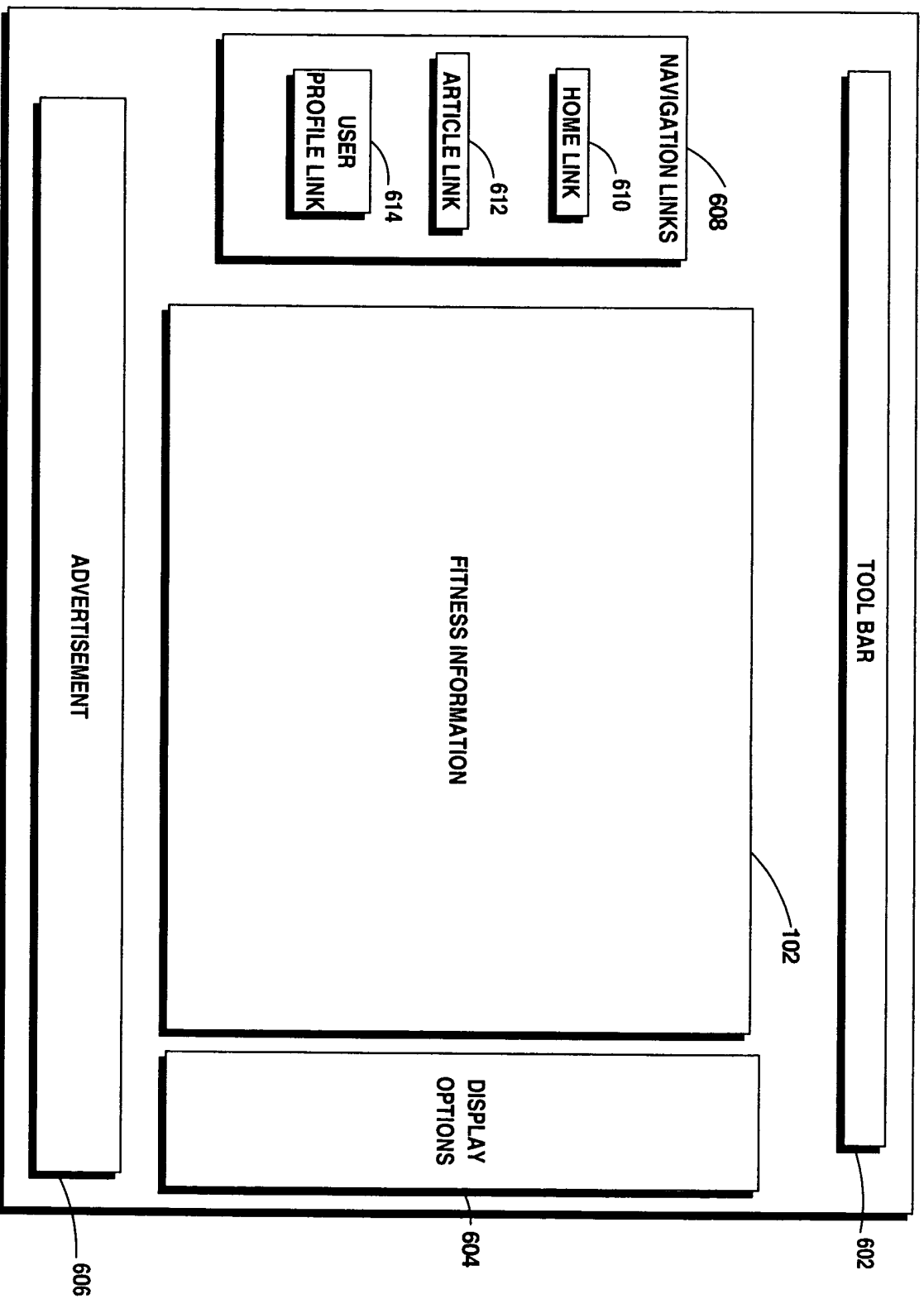
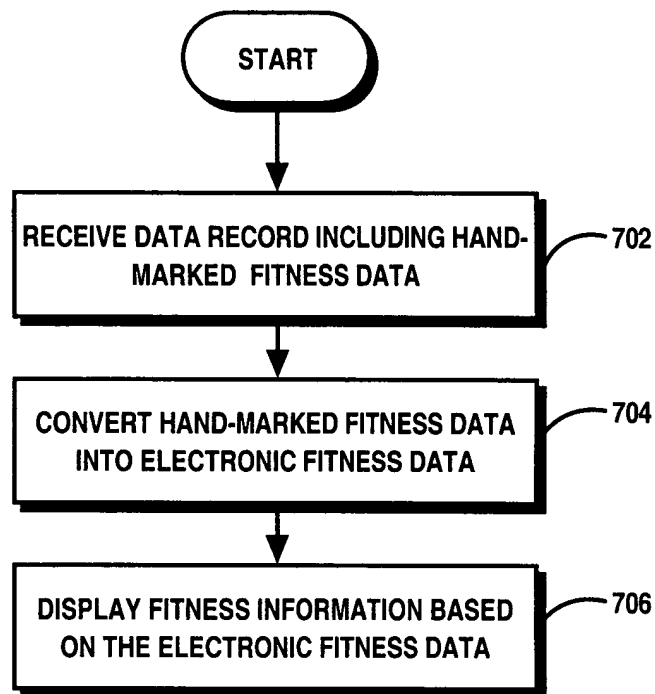
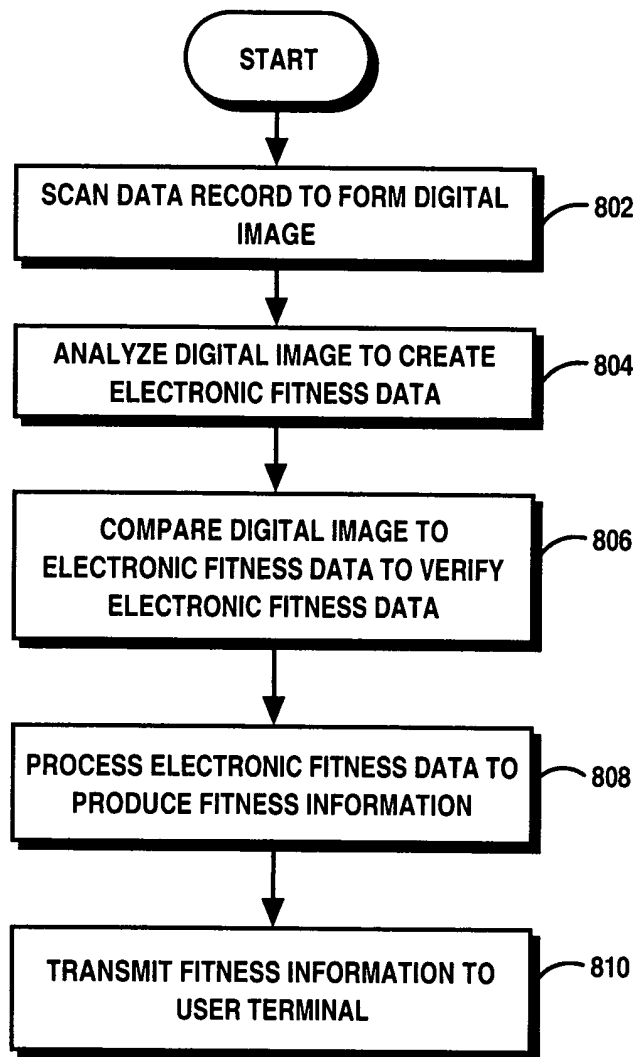


FIG. 6

**FIG. 7**

**FIG. 8**

9/9

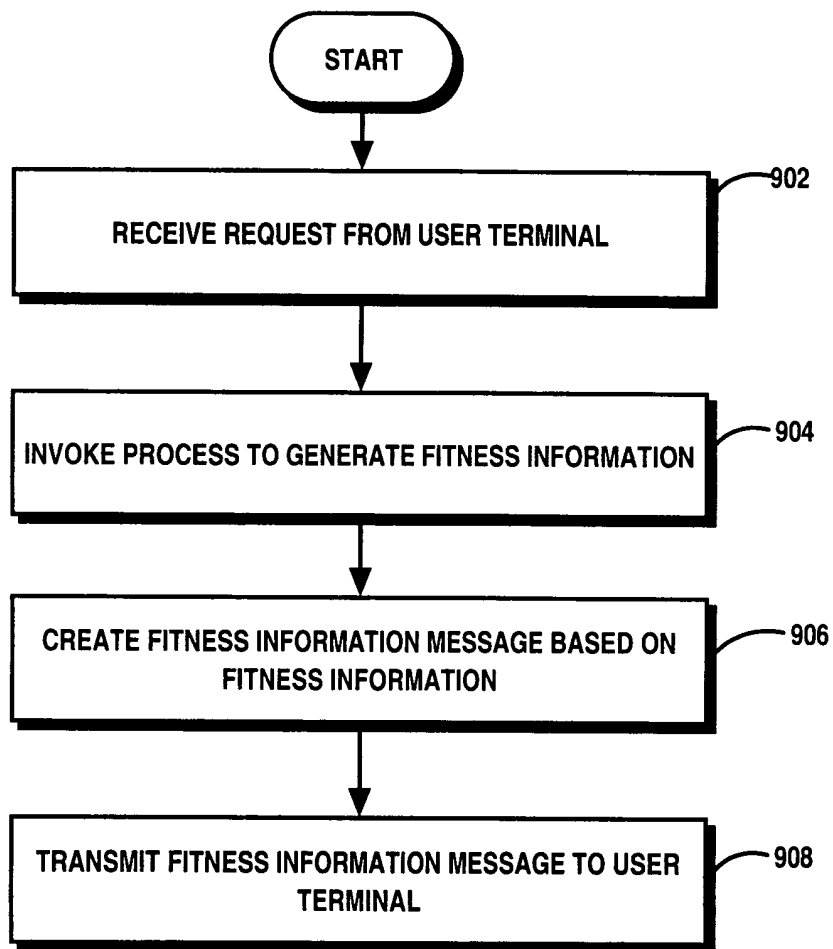


FIG. 9